



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.town.needham.ma.us
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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IDENTITY THEFT

Presented by Robert E. Currier

Tuesday, August 14 • 1:00 – 2:00 pm

At the Needham Council on Aging and Senior Center

Robert Currier is the Director of Education for the non profit company called American Consumer Credit Counseling. Come learn how an identity thief operates and how they obtain and use your personal information. Learn how they clone your credit cards and get your information from Dumpster Diving. Finally obtain information about how to resolve Identity Theft and prevent further damage to your credit card and learn how the new FACT Act can protect you.

IT'S FRIDAY, ENTERTAINMENT LIVE PRESENTING MIYUKI OTANI

Friday, August 10 • 1:30 – 2:30 pm

At the Needham Council on Aging and Senior Center

Sign-up for this event is required

Ms. Otani, is a Classical Pianist. Her concert will include music from Schumann, Liszt, Barber and Gershwin. Born in Japan, she began playing the piano at the age of three! She earned her Master of Music degree at the Boston Conservatory winning the Concerto Competition.

READING COMES ALIVE

Wednesdays • 1:30 – 2:30 pm

August 1st • Dialogues of Plato

August 8th • Poems of Wordsworth

AUGUST 15TH • 1:30-3:00 PM

**TEACHING WOMEN HOW TO SPEAK IN PUBLIC:
AN INTERACTIVE LECTURE, FOLLOWED BY REFRESHMENTS**

August 22nd • Poems of Mary Oliver

At the Needham Council on Aging and Senior Center

Ms. Sylvia Elvin is a retired actor and has been in numerous plays. She has a wonderful voice and will read aloud from various books. Please bring your ideas of books that you would like her to read in the future. There is no fee for this program.

A SPECIAL EVENT

**THE NEW ENGLAND YOUTH PERFORMING GROUP TO PERFORM
AT THE NEEDHAM SENIOR CENTER**

Tuesday, August 7th • 1:30 – 2:30 pm

The New England Youth Performing Group is a student-run organization founded by Iris Zhou to give young performers an opportunity to showcase their talents and to give back to the community. The group's main artists include students from Wellesley High School and Boston Latin School. Our group is dedicated to bringing a taste of Asia to American society. Currently, the ensemble includes musical pieces played on both traditional Chinese instruments as well as on Western instruments, folk dances, and a variety of songs and acrobatic performances. We hope to dazzle and delight audiences with this unique blend of Eastern and Western cultures. Refreshments to follow the event.

SENIOR CENTER HOURS: MONDAY – FRIDAY 9:00 AM – 4:00 PM



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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities**

DEAR FRIENDS,

I hope everyone is enjoying their summer! Enjoying the outdoors or just taking nice relaxing jaunts from home! Did you know that the Compass reaches over 4,000 households in the Needham area? We are proud to be a publication that our community relies on for information and current events! Thanks to all our sponsors, volunteers, writers and contributors for making this publication possible month to month!

We are still looking for a few enthusiastic volunteers! You will be making a difference and meeting some great people too!

Warmest Regards,

Michael

Michael C. Tow, President
The Friends of Needham Elderly
617-734-4400
www.newbostonfinancial.com

DEAR FRIENDS,

In July I officially celebrated my one year anniversary as Executive Director of this wonderful town department! Because of my long association with the Needham Council on Aging I was thrilled to be chosen to fill the vacancy that Sharon created when she took a new position. It has been a year of many challenges, accomplishments and professional growth for me and for the department. It has also been a privilege to get to know and to work with many of you both at the Stephen Palmer Center and throughout the town. I look forward to the coming year with the same enthusiasm that I had beginning my tenure and know that the next twelve months will prove to be as exciting as the past.

I want to thank all of you and the wonderful staff who have made my year a rewarding and happy experience.

Jamie

MEMORY WALK

The Alzheimer's Association is the only national voluntary health organization dedicated to providing support and assistance to people with Alzheimer's disease, their families and caregivers. An estimated 4.5 million Americans have the disease and the number has doubled since 1980. A study showed that 1 in 10 Americans have a family member with this disease and in Needham alone there are approximately 1,000 friends, loved ones and neighbors that have been diagnosed. Please join the effort on Saturday, September 29th by participating in "Memory Walk" the only national fundraising event for Alzheimer's disease. Statewide we are hoping to raise over \$1 million for the treatment and cure of this devastating illness and we are asking that you show your support by walking to promote awareness. The Association is considered a world leader in research funding having already distributed close to \$160 million for this purpose. Involvement in September will contribute to this effort. For further information call Jamie Brenner Gutner, Executive Director, Needham Council on Aging.

RESOURCES AROUND TOWN

AUGUST KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

August 1st • 10:30-12:00 pm
Seabed's Way Community Room (BOH)

August 1st and 15th • 9am-12pm
Senior Center

August 22nd • 10:30 am - 12:00 pm
Linden & Chambers Community Room. (BOH)

On a weekly basis: Monday –Thursday 8-9:30 am, at the Needham Health Department located at the Needham town hall. For further information, call 455-7523.

AFTERNOON CAREGIVER SUPPORT GROUP

Needham Council on Aging and Senior Center

This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, 781-455-7555 ext. 208

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more info. call the Needham COA at 455-7555.

THE NEEDHAM YOUTH COMMISSION

The Needham Youth Commission has youth who are willing to work for Needham residents doing yard work and chores around the house. For more information about youth services, please contact Carol Rosenstock at the Needham Youth Commission at 781-455-7518 x267. Please visit our website at www.town.needham.ma.us/youth.

THE NEEDHAM HEALTH DEPARTMENT

The Traveling Meals Program is seeking volunteers to deliver meals for the program. For more information, call Maryanne at (781) 455-7523.

GET THE NEWS FIRST! Join our E-mail list

Save paper and receive the *Compass* monthly via e-mail. To add your name to our growing list, simply e-mail us at: Seniorcenter@town.needham.ma.us

FRIENDS OF THE NEEDHAM ELDERLY

The Friends of the Needham Elderly, Inc. would like to thank the following individuals, who have made monetary donations above and beyond membership dues. Your generosity is truly appreciated.

FRIENDS DONATIONS

- Eugene Arcand, Jr.
- Alice Brennan
- Morrie and Ellie Dettman
- Nina Prohodski
- Richard Shea
- The Friendly Society, Congregational Church of Needham
- M.A. & A.C. Fay in memory of Pat Ryan

NEEDHAM COA DONATIONS

- Dorothy Calitri
- Ann DerMarderosian
- Newton Needham Chamber of Commerce
- Elizabeth Jones in memory of Marjorie Holgerson
- In Kind Donations**
 - Starbucks
 - Walgreens
 - Nicholas Pizza
- Kindred Health Care
- Taylor's Stationery
- Volante Farms
- Bagels Best

LARRY FORTIER CUP

A stalwart group of Billiard players made our annual journey to Natick to bid for the Larry Fortier Cup. Larry, had been a leader in recreational sports in Needham for many years before his move to Maine, to be closer to his family. The Larry Fortier Cup was introduced, in 2003 in tribute to Larry. Needham won the cup in 2003 and Natick took possession for the next three years. (2004, 2005, 2006). We are proud to bring the cup back to Needham, where it belongs, in 2007. Our team of 6 players included Tony Cruciani, Tom Gallant, Bill Tennant, Dick Tiernan, Bob Stern and Jack Donna. They went up against a group of battle tested Natick billiards players. Sixteen games were played (9 singles and 7 doubles) with Needham prevailing, 9 games to 7, most of which, went right down to the wire. Dick T. and Tom G. each won a Singles game and shared in 3 Doubles victories. Bill T. and Tony C. each won a Singles game and shared in a Doubles victory. Bob S. and Jack D. also shared in a Doubles victory (Jack can't get lucky all the time). Congratulations to all for a job well done. Natick was a most gracious host for this annual event – there is always a fresh pot of coffee and refreshments and this year, Ray Leavitt made a special batch of brownies for us.

PIZZA PARTY

Wednesday, August 29th 1:15 pm

Fee: \$2.00 per person

Sign-up is Mandatory

As we wind down the summer season please join us for a pizza, salad and dessert. We will also play some oldies but goodies records from Boppin Bob's music collection.

MYSTERY MONDAY LUNCHES

Mondays, August 6, 13, 20, 27

Did you know that since June 5, 2007, the Mystery Monday Lunch Bunch has enjoyed dining in cities and towns from Newton to Sherborn? Once a month, we offer our "Diversity in Dining" excursions. Through a culinary experience the group has been to a college campus, Brazil, Canada, China, Greece, India, Italy, Japan, Korea, Thailand, the Middle East, and the Southern US. Do you like to eat out? Would you like to meet new people or reconnect with an old friend? Join us on the Mondays listed above for a Mystery Ride in the COA van. Call the Senior Center, speak with the receptionist, and sign up today. You will pay the driver \$5.00 and also for the cost of your meal. Reserve your place by signing up at 781-455-7555.

SENIOR CENTER TRIPS

DAY TRIP

August 15th • Lobster Feast at Georges, Galilee, R.I.

The best Lobsterbake is not in Maine, but at George's of Galilee, Rhode Island. On the way home we will stretch our legs at the beautiful Providence Place Mall.

ANNUAL OVERNIGHT TRIP

September 24th - 27th • Cape Cod

\$379; Double, \$459; Single, \$359; Triple. Please note, a \$75 deposit due on signing. The trip includes 3 nights' lodging, 3 breakfasts, 3 dinners., an exploration of Hyannis and Sandwich, and a visit to Martha's Vineyard.

For all further information about the trips, call Jeanne Blakeney at 455-7555 Tuesday - Thursday, 9:30-3:30 PM

BALLROOM DANCING

Thursdays • 2:00 – 3:00 pm

The YMCA, 380 Chestnut Street, Needham

Cost of this 4-week class is \$16.00 for all 4 sessions. Call Sherry Jackson, Associate Director for dates, (781) 455-7555

THE SENIOR CENTER NEWSLETTER

COMPASS LABELING AND COLLATING

Tuesday, August 21st

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

SENATOR SCOTT BROWN

Tuesday, August 28, 2007 • 10:15 am

Senator Scott Brown or a member of his staff will be available to hear your concerns and answer any questions about State Government you may have.

CURRENT EVENTS GROUP

Tuesday, August 14th and 28th • 10:30-11:30am

We have two enthusiastic co-leader volunteers that facilitate the group. If you are interested in talking with others about today's headlines or what should be in today's headlines, please join us. This group is a friendly place to equally share with one another information in a supportive environment. We meet on the 2nd and 4th Tuesday of the month. There is no fee for this class.

WEIGHT WATCHERS BRINGS SUCCESS TO ITS SENIOR PARTICIPANTS

**STAY TUNED FOR DATES FOR THE NEXT GROUP TO BEGIN IN
SEPTEMBER**

It was just 18 weeks ago a wonderful group of seniors decided it was time to take a Weight Watchers journey. Each week the travel guide (the leader) discussed the ruts in the road (Portion Control), the detours (Mindless Eating), the long flat areas of travel (the plateaus), and the hilly areas (weight gain and losses). They are now near the end of their trip, and they've planned ahead for their destination (by meeting their goals and becoming lifetime members). As the travel guide, I would like to share the success stories of our participants: "My blood pressure went down"; "I'm finding it easier to move around"; "I have a multilevel house, and I now find it much easier going up and down the stairs"; "I'm very happy that I reached my goal weight"; "I am so happy with my doctor's report— after losing 20 lbs, my sugar and blood pressure levels are down."

Please join us in September for this great journey and bring your friends!

DID YOU KNOW?

The state-funded Home Modification Loan Program provides loans to make access modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. Such modifications allow people to remain in their homes to live independently in their communities. For more information about the Home Modification Loan Program contact the Social Work Department at 781-455-7555.

THERE'S A NEW SENIOR CENTER IN OUR FUTURE! AND WE'RE GOING TO NEED A LOT OF HELP.

By we, we mean the FRIENDS of Needham Elderly. We are the fundraising group responsible for the funding of the Compass, and are the primary group relied upon to raise money for the new senior center. If you are a member, we thank you. If you added a donation, we salute you. If you intended to join, but simply didn't get around to it, we hope this will be a reminder. Please use the form below to join or to renew your membership for 2007.

Friends of the Needham Elderly, Inc. 2007 MEMBERSHIP FORM

Join the Friends of the Needham Elderly and help support the many programs of the Needham Council on Aging.

Name: _____

Street: _____

Town: _____ State: _____ ZIP: _____

Membership: \$25.00 (per household)

Please make checks payable to Friends of the Needham Elderly, Inc. and mail to: Friends of the Needham Elderly, 83 Pickering Street, Needham, MA 02492

THANK YOU FOR YOUR SUPPORT!



COUNCIL
ON AGING
Needham

STEPHEN PALMER SENIOR CENTER

83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER DROP-IN

HOURS:
9:00 am - 4:00 pm
Monday thru Friday

MOVIES AT THE NEEDHAM SENIOR CENTER

MONDAYS • 1:00 PM

NANNY MCPHEE

August 6th

Seven unruly kids encounter Emma Thompson, who insists on obedience.

FLOWER DRUM SONG

August 13th

One of Rodgers and Hammerstein's more joyful offerings.

THE QUEEN

August 20th

Repeat by request

HE KNEW HE WAS RIGHT (PART II)

August 27th

FRIDAYS • 1:00 PM

THE HUSTLER

August 3rd

Staring Paul Newman and Jackie Gleason in the pool room version shootout at the O.k. Corral

THE PURSUIT OF HAPPYNESS

August 17th

Rags to riches for Will Smith.

HE KNEW HE WAS RIGHT (PART I)

August 24th

Great story of a jealous husband and fortune hunters in Victorian England.

MYSTERY GHOST AND MACHINE INSPECTOR MORSE

August 31st

Paintings disappear from a great mansion. Will Inspector Morse be allowed in by the front door?

BETTER BALANCE

New Session Beginning September 12th

Gain confidence walking outside
Reduce your risk of falling
Improve your balance

Join our next 8-week session to: Identify the problem • Improve your environment • Learn how stress and medication can affect balance • Set goals for yourself!

Cost: \$40 for the series, is paid directly to the instructor on the first day of the class.

Instructor: Leslie Worris, MPH, President of the Wellness Alliance

BEGINNER MAH JONG CLASS

At the Needham Senior Center

Are you interested in the possibility of learning Mah Jong? After four sessions you will know if Mah Jong is for you. Mah Jong involved playing with intriguing tiles. It is a fast paced, strategic game and once you have learned the rules, and the ability to excel is limitless. The class is being taught by and experienced teacher. A modest fee of \$16 for all 4 sessions is due on the day of the first class. For dates and times of the next class, call Sherry Jackson at (781) 455-7555.

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AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 www.town.needham.ma.us Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street Please Note: Items in bold indicate that sign-up is required.		1 9:00 Exercise 10:00 Hearts Card Game 10:30 Wellness Clinic 11:45 Lunch: Vegetable Cheese Quiche or Ham and Swiss Sandwich 1:00 Bridge – Mens 1:30 Reading Comes Alive: Dialogues of Plato	2 10:00 Knitting 10:00 Whist 11:45 Lunch: Beef Stew or Seafood Salad Sandwich 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	3 9:15 Spanish Class 11:45 Lunch: Pier 17 Fish or R.B. and Cheese Sandwich 1:00 Bridge – Mens 1:00 Movie: The Hustler
6 11:30 Mystery Monday Lunch 11:45 Lunch: Chop Suey or Breaded Chicken Patty 1:00 Bridge – Mens 1:00 Movie: Nanny McPhee 1:15 Transitions As We Age Group #3	7 9:15 Bridge – Womens 10:30 Creative Writing Group 11:45 Lunch: Roast Turkey Dinner or R.B. and Cheese Sandwich 12:30 French Class 1:00 Bridge – Mens 1:30 Canasta 1:30 Cribbage – Womens 1:30 N.E. Youth Performing Group	8 10:00 Hearts Card Game 10:30 Exercise 11:45 Lunch: Baked Ham or Turkey Sandwich 1:00 Bridge – Mens 1:30 Reading Comes Alive: Poems of Wordworth	9 9:30 SHINE Meeting 10:00 Knitting 10:00 Whist 11:45 Lunch: Lemon Pepper Fish or Egg Salad Sandwich 12:00 Computer Lessons 1:00 Bridge – Duplicate 2:00 Ballroom Dancing #1	10 9:15 Spanish Class 11:45 Lunch: Chicken and Broccoli or Seafood Salad Sandwich 1:00 Bridge – Mens 1:30 Live Entertainment With Miyuki Otani
13 11:30 Mystery Monday Lunch 11:45 Lunch: Hot Dog or Tuna Salad Sandwich 1:00 Bridge – Mens 1:00 Movie: Flower Drum Song 1:15 Transitions As We Age Group #3	14 9:15 Bridge – Womens 10:30 Current Events 11:45 Lunch: Meatloaf or Chef Salad 12:30 French Class 1:00 Bridge – Mens 1:00 Identity Theft Lecture 1:30 Canasta 1:30 Cribbage – Womens	15 9:00 Wellness Clinic 10:00 Hearts Card Game 10:30 Exercise 11:45 Lunch: Fish Florentine or R.B. and Cheese Sandwich 1:00 Bridge – Mens 1:30 Reading Comes Alive: Teaching Women How To Speak, An Interactive Lecture with Refreshments TRIP TO GALILEE, RI	16 10:00 Knitting 10:00 Whist 11:45 Lunch: Summer Special Chicken in Pineapple sauce, white rice and coconut cake 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	17 9:15 Spanish Class 10:00 Low Vision 11:45 Lunch: Pasta with sauce and meatballs or Turkey Salad Sandwich 1:00 Bridge – Mens 1:00 Movie: The Pursuit of Happyness
20 11:30 Mystery Monday Lunch 11:45 Lunch: Turkey a la King or R.B. Sandwich 1:00 Bridge – Mens 1:00 Movie: The Queen 1:15 Transitions As We Age Group #3	21 9:15 Compass Collating 10:30 Creative Writing Group 11:45 Lunch: Baked Chicken or Turkey and Cheese Sandwich 12:30 French Class 1:00 Bridge – Mens 1:30 Canasta 1:30 Cribbage – Womens	22 10:00 Hearts Card Game 11:45 Lunch: Shepherd's Pie or Ham Salad Sandwich 1:00 Bridge – Mens 1:30 Reading Comes Alive: Poems of Mary Oliver 2:30 Better Balance	23 10:00 Knitting 10:00 Whist 11:45 Lunch: Tuna Noodle Casserole or California Chicken Salad 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	24 9:15 Spanish Class 11:45 Lunch: Beef Burgundy or Seafood Salad Sandwich 1:00 Bridge – Mens 1:00 Movie: He Knew He Was Right Part I
27 9-4 Pool Tournament 11:30 Mystery Monday Lunch 11:45 Lunch: Fish Sandwich or Turkey Sandwich 1:00 Bridge – Mens 1:00 Movie: He Knew He Was Right Part 2 1:15 Transitions As We Age Group #3	28 9:15 Bridge – Womens 10:30 Current Events 11:45 Lunch: Pot Roast or Breaded Chicken Patty 12:30 French Class 1:00 Canasta 1:30 Cribbage – Womens	29 9-4 Pool Tournament 10:00 Hearts Card Game 11:45 Lunch: BBQ Chicken or Roast Beef and Cheese Sandwich 1:00 Bridge – Mens 1:30 Pizza Party 2:30 Better Balance	30 10:00 Knitting 10:00 Whist 11:45 Lunch: Stuffed Peppers or Seafood Salad Sandwich 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	31 9:15 Spanish Class 11:45 Lunch: Turkey Picatta or Tuna Salad Sandwich 1:00 Board Games and Mah Jong 1:00 Bridge – Mens 1:00 Movie Mystery: Ghost

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www.town.needham.ma.us/coa

Read this newsletter in your choice of easy-to-read formats.

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